

Lebanon Senior Citizens Center
670 Coles Ferry Pike
Lebanon, TN 37087
Phone: 615 449-4600
www.lebanontn.org/LSCC

LEBANON SENIOR CITIZENS CENTER

NON PROFIT
U. S. POSTAGE PAID
LEBANON, TN
PERMIT # 318

**Address Correction
requested**

JANUARY 2016



STAFF

Patti Watts — Director 418-5057
Teresa Botts — Activities Director
Meri Gonzalez — Office Coordinator
Mandy Goins, Shirley Hackett, — Office Assistants
Sandi Bass-Carter — Kitchen Manager
Thomas Stokes, Callie Rhodes & Janice Cain—
Assistant Cooks
Nelson Gonzalez — Custodian
Harriett Cummings—Nurse



IT'S A NEW YEAR !!

WOO HOO !! It's new year and "the first day of the rest of your life" so to speak. It's a good time to do all that you can to make your life more enjoyable. Take advantage of the programs that we offer at the Center. We have a low impact exercise class on Monday and Thursday mornings that is great for people who have arthritis or just want to keep active. Dancing is great exercise and lots of fun learning new dances and enjoying the music. Advanced Line Dancing meets on Thursdays at 11:00 and Beginner Line Dancing meets on Friday mornings at 9:00. We have an exercise room with various pieces of equipment and Wii games. We offer many educational programs and health fairs throughout the year. As a member of the Lebanon Senior Center you have access to the walking track at the Jimmy Floyd Family Fitness Center any time and may attend our Water Exercise classes on Tuesday and Thursday mornings. See someone in the office for more information on how to get your membership card for walking and water exercise. If you want to learn more about any of these activities just stop by the office or give us a call. Watch the newsletter for our numerous health related educational programs each month. Take advantage of all of the wonderful activities that being a member offers and let's make 2016 our healthiest year ever!!

Valentine Dinner & Dancing at The Mill

We are excited to announce that we will be having our Annual Valentine Dinner at The Mill this year on Friday, February 12th. The doors will open at 5:00 for everyone to mix and mingle and check out the Silent Auction items. Dinner will be served at 6:00 and we will have music and dancing after dinner until 9:00. The cost will be \$35 per person. The menu consists of a **choice of Prime Rib or Chicken Breast, Roasted Potatoes, Green Beans, Tossed Salad, Bread, Dessert and Tea and Coffee**. It promises to be a wonderful evening for everyone with delicious food and entertainment provided by **Danny McCorkle**. There will be lots of wonderful door prizes to be given away. No tickets will be sold at the door and space is limited so purchase your tickets early. Stop by the office to get your tickets beginning January 4th.

Legends & Humor at the Capitol Theater

Join us for a fabulous evening of entertainment and fun at the Capitol Theater on Thursday, January 14 at 6:00 p.m. Ronnie McDowell will be providing the musical entertainment and Johnny Counterfit will provide music and humor. Space is limited so stop by the office and get your tickets for \$25 per person. Concessions will be available.

December Donations

Ken & Patricia Hughes (memory of Sara Hughes)
Ken & Patricia Hughes (memory of Peggy Hughes)
Jane Hamlett
Patty Barlow
Cedar Hill FCE Club
Wilson County Traffic School
Ralph & Cheryl Bean
Glenn & Stella Johnson
Wendell & Janice Edwards
Shirley Strong
Yvette Larsen
Wilma Inez Starnes
NARFE
Katie Plummer
Chuck Vanderpool
David & Lola Mann



January Bingo @ 1:00

Our Feather Friends—Tuesday 1st
Maristone Living—Thursday 3rd
F & M Bank—Thursday 10th @ 2:00 PM
SUPER Holiday —Friday 11th
Gentiva Home Care—Monday 14th
Old Hickory Credit —Tuesday 15th
Holiday BINGO—Friday 18th
Southern Manor—Tuesday 22nd
Amedisys HHC—Tuesday 29th

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2016 Valentine Prime Rib Dinner Fundraiser

Join us At The Historic Lebanon Woolen Mill in the Edgerton Room

February 12, 2016

*Dinner will include a Garden Green Salad, a choice of Roasted Prime Rib of Beef with au jus or Chicken Breast, Roasted Potatoes, Southern Style Green Beans, Rolls & Butter, Cheesecake for dessert. Coffee and Tea
Doors open at 5:00pm to enjoy a glass of wine while you mix and mingle Dinner at 6:00pm*

\$35.00 per person



Tickets go on sale Jan. 4th No tickets will be sold at the door and space is limited

SILENT AUCTION & DOOR PRIZES GALORE!

Entertainment by Danny McCorkle

Please call or come by the Lebanon Senior Center for tickets 615-449-4600



Ronnie McDowell and Johnny Counterfeit

Legends & Humor at the Capitol Theater

We have just a few tickets available for this great concert!!

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Wilma Inez Starnes
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Katie Plummer
Chuck Vanderpool



David & Lola Mann
Cherry Chance
Lynn Basso

January Bingo @ 1:00

Happy New Year—Tuesday 5th
F & M Bank—Thursday 7th
Amedisys HHC—Monday 11th
Southern Manor —Tuesday 19th
Lebanon Health—Tuesday 26th
Mt Juliet Health Care —Thursday 28th

BINGO

Thank you all so much for making 2015 a great year!! We are looking forward to 2016 knowing, it will again, be the greatest year yet!!

We want to give you tips to stay healthy and wise!

Eat Healthy on a Budget

Yep, it's a new year! And a great time to start eating healthier. Shelly with the Wilson County Extension office will be here on Friday, January 29th at 10:00 with some great information and helpful hints on ways to eat healthy and do it on a budget. She will also be sharing healthy snacks with us. Healthy eating never tasted so good!

Health Fair Sponsored by Quality Rehab

Start the New Year off on a healthy note! Quality Rehab and Health Center will be sponsoring a Health Fair for us here at the Center on Wednesday, January 20th from 1:00 until 3:00. We will have stations set up with Bone Density Scans, Thyroid Scans, Carotid Doppler Scans, Balance Checks, Diabetic Education, Tips on healthy eating, and lots more! Join us for a great afternoon!

Total Joint Care with Dr. Roy Terry

Join us for an informative program on total joint care with Dr. Roy Terry on Friday, January 22nd at 10:00. He will be discussing joint pain and osteoarthritis and giving up information on treatments for these. He will have time after the program to answer any questions that you may have. Thank you to the UMC Total Joint Department for this program.

Move to the Music with Quality Rehab

Music is a great way to get you tapping your toes and moving around. The rehab department at Quality Rehab and Health Care will be at the Center on Friday, January 8th at 10:30 with some great music that will make you want to get up and move. If you need to stay in the chair, they have some great exercises that you can do while seated, too. Make 2016 a great year and "move to the music" with us!

Thanks for Be a Santa to a Senior

Thanks to everyone who helped with our Be A Santa to a Senior Program. It was a huge success and we were able to make Christmas a little happier for so many Seniors.

NURSE ON DUTY

We have a nurse that will be available to do blood pressure checks and to help with medications. She will be here on Tuesday mornings for blood pressure from 9:00-11:45 and Wednesdays 8:30-11:30 for toenail clipping (by appointment). On Mondays Quality Rehab and Health Center will be taking blood pressure from 11:00-12:00. Southern Manor will take blood pressure on Thursdays from 11:00-12:00. Then on Friday's we have our own Fay Huddleston for blood pressure checks from 11:00 to 12:00.

Senior Resource:

Larry Blaker with Senior Life Options will be available by telephone anytime you have a question or need assistance with needs that may arise for you or a loved one. Please feel free to call Larry at 425-508-1901.

Cold and Flu Season has arrived!

If you are sick and running a fever, please respect others and stay home until you feel better. We love you, but don't want anyone else to get sick. If you need to pick up a lunch to go, just give us a call and let us know you are coming and we will have it ready for you. And remember, cover your mouth when you cough or sneeze and wash your hands often!!!

CENTER CLOSING DATES

The Center will be closed on Friday, January 1st for New Year's Holiday and Monday, January 18th for Martin Luther King, Jr. Holiday.



ATTENTION:

We have noticed some scarring on our dining room floor where the dances take place. We must ask that our dancers please not wear tap shoes to the dances. Thank you for helping us take care of our Center.

WE LOVE OUR MUSIC, DANCES, AND PARTIES! COME JOIN US

Birthday Party Music and Dancing

It's a party all afternoon on Birthday Party Day! Come have lunch with us on Thursday, January 21st, followed by music provided by Cheryl & Teresa. Then we will serve cake and ice cream at 2:00 and honor all of our members with a birthday during the month. There will be lots of great prizes to go along with all of the fun.

Ron & the Chambray Band

Ronnie Wilson and his buddies are getting together to make a little music and entertain us on Tuesday, January 12th at 1:00. They will be playing a great variety of country music that's easy on the ears and fun to dance with. Join us for a fun afternoon.

The EJ Rider Band

Come on out and enjoy some good ol' Rock and Roll and Country Music provided by the EJ Rider Band. That is the father and son duo of George, Sr and George, Jr Ridenour. So save the date, Friday, January 8th at 1:00 pm and we will enjoy dancing to their music.

Dancing to the Music of Bill Feathers

If you like a little bit of Country Music mixed with some good old 50's and 60's Rock and Roll then you will love spending the afternoon listening to Bill Feathers. He will be playing at the Center on Wednesday, January 27th at 12:45 for those who want to dance or just enjoy listening to some great

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NATIONAL ASSOCIATION OF RETIRED FEDERAL EMPLOYEES

You earned your benefits!!! Help us protect them!!!

Terry Hemontolor *Randall Keith*

President & Service Office • Membership Chairman
444-3884

Meets 2nd Wednesday of each month at the Lebanon Senior Center.

Advisory Board Tuesday January 12th

Business Meeting Thursday January 14th

DON'T FORGET ABOUT OUR UNIQUE

BOUTIQUE!

NEW ITEMS DAILY



NEW EVENTS

Computer Classes starting January 14th

Jimmy Counts will be starting a six week computer class on Thursdays beginning on January 14th from 1:00 until 3:00. This class is for anyone! Whether you have been using a computer for years or maybe a newcomer to the technology world. Space is limited for this class so please call the office and sign up as soon as possible.

Tech Support 101

Did you get a new iPad, smart phone or computer for Christmas and you just don't know what to do with it? Dean Cicora with DC's Computer Repair would be glad to help you with any questions or concerns that you have regarding your "tech stuff". He will be in our Computer Room on Wednesday, January 6th at 10:30 to work with us. Just be sure to bring your device with you that morning.

Oil Painting Class:

Come paint with Liz Farrar who is instructing our Oil Painting Class on Friday, January 15th at 1:00. Liz is a certified Bob Ross Oil Painting instructor. She furnishes all of the supplies and in only two hours you will have a beautiful painting that you painted. The cost of the class is \$20. Stop by the Center to see what we will be painting this month. Space is limited to 15 people so call for a reservation.

Monthly Market Day at the Center on January 13th

Each month we will be having Market Day at the Center from 9:00 a.m. until 2:00 p.m. This day is designed for our members to sell items by renting a table and space. The fee will be \$5 for a card table and \$10 for a 6 foot table and limited to one table per person. Space will be limited so please begin signing up on the first business day of each month. Non-members may purchase a space if there is space available for \$10 for a card table and \$20 for a 6 foot table. Market Day is Wednesday, January 13th.

Selling items and services is not allowed at the Center except for "Market Day". This includes catalog sales.

Coleman & Company:

We want to thank all the great people that help support us, and WANT radio is one of our supporters that helps in so many different ways. They are always giving to us—Thanks guys for being such a strong support to the Lebanon Senior Center and to our community!! Tune in to WANT radio Friday, January 29th at 7:30 am to hear Coleman Walker and Terrific Teresa discuss upcoming events at LSCC.

Open Mic. Karaoke

We have such a great time with our Open Mic. Karaoke just singing the afternoon away. Carol Lannon and Joe Pierce are great to bring the equipment necessary and a collection of over 500 songs to choose from. Just come on in and sign up and pick out a song or two or just come and listen and join the entertainment on Monday, January 25th at 1:00pm.

Beginner Line Dancers

If you are a beginner line dancer and would like a slower paced class, Joe Carter will be teaching a step by step line dance class on Friday mornings at 10:00 following the existing Beginner Line Dance Class. He will be teaching one dance each week and review dances from previous weeks if time allows. This should help you jump right in to the existing 9:00 Friday class. True beginners only, please.

Coloring with Friends

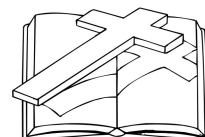
We are having such a great time in our Coloring with Friends Group and will be meeting each month. This is great for those who would like to work that creative part of your brain and let the cares of the world disappear for a little while. We have some crayons, coloring pencils and markers and pages to color. You can bring your own supplies or use the ones we have. Join us on Friday, January 15th at 1:00. We will have lots of holiday pages to color. Hope you will join us!

Shopping Trip

Let's see what great after-Christmas bargains we can find at Cool Springs Mall on Wednesday, January 13th. We will leave the Center at 8:30 a.m. and return around 3:30 p.m. The cost for the trip will be \$5.00 for van expenses and you will be on your own for lunch. We will begin signing up for this trip on Monday, January 4th at 8:00 a.m.

Bible Study

Brother Mike Shelby and the staff from Hillcrest Baptist Church will be leading Bible Study each Wednesday morning at 10:00 during the month of January.



EXPAND YOUR KNOWLEDGE OR REFRESH YOUR MEMORY BY TAKING ONE OF OUR CLASSES!

Caregiver Support Group

Each month we conduct a support group for those who are caregivers of someone with Alzheimer’s Disease or Dementia. This support group is a great opportunity for caregivers to get together and discuss some of the daily issues and challenges that they face. This group meets on the first Tuesday of each month at 9:00 a.m. This group is certified by the Alzheimer’s Association. Please share this information with anyone that you know that might benefit from these meetings. This month our meeting will be Tuesday, January 5th at 9:00 a.m.

TOPS – Take Off Pounds Sensibly

It’s a great time of year to work on taking care of yourself and striving for better health. It helps when you have a support group that helps you be more accountable. We have a TOPS group that meets at the Center every Tuesday afternoon at 2:30 in the Computer Room. They have great information that they share each week and weigh in so that you can track your progress. The first time membership fee is \$32 to join and then a fee of \$5.00 per month. They welcome new members at any time. Bring a buddy and get healthier this year.

Quilting: Join the ladies around the quilting table daily. They do a beautiful job & have lots of fun.

GUITAR—JUST A-PICKING & A-GRINNING :

Come and enjoy playing the guitar on the the 1st and 4th Monday morning at 10 am. Beginners and advanced guitar players are welcome to join in and have some fun. Just A-PICKING & A-GRINNING.

Grief Support Group Meeting

The grief of losing someone that you love cannot be known until you are placed in that situation. Everyone experiences grief in their own way. There is no right or wrong in grieving. We have a Grief Support Group that meets the second Tuesday of each month at 10:00 a.m. The meeting this month will be on Tuesday, January 12th at 10:00. Our group is designed to bring people together who share a common experience – the loss of a loved one. Whether it has been 2 months or 5 years, the pain of loss can still be very intense. If you are dealing with the loss of a loved one, please join us for a strictly confidential meeting to share feelings and offer support.

WE LOVE TO PLAY GAMES AND EXERCISE!! COME JOIN US!



Walking @ Jimmy Floyd:

Walking is great for your whole body! Remember you can walk inside anytime at the Jimmy Floyd Center for free if you are a member of the Lebanon Senior Center. The Jimmy Floyd Center is now issuing scan cards to members of LSCC for walking. Please take the time to come by the Senior Center to make sure your membership is current and fill out the necessary paperwork to walk at the Jimmy Floyd Center.

Water Exercise : Tuesday and Thursday morning from 7:45 a.m. to 8:45 a.m. Join the gang for water exercise poolside at the Jimmy Floyd Center with Joyce Fisher , Carol Servidio and Jane Shaffer.

Exercise: Monday at 10:30 and Thursday at 10:00: Join Teresa for a low-impact exercise class. Great for those with arthritis or just starting out!!

Exercise Room: Remember you can use any of the equipment when the room isn’t in use.

Games For Fun

| Games | Day | Date | Time |
|-----------------|---------------------|-------------|------|
| Hand & Foot | Tuesday | 19th | 9:00 |
| Pool Singles | Friday | 8th | 9:00 |
| Dominoes | Wednesday | 13th | 1:00 |
| Pool Doubles | Friday | 8th | 9:00 |
| Scrabble | Monday | 4th | 1:00 |
| Corn Hole | Wednesday Friday | 6th 29th | 1:00 |
| Spades | Tuesday | 26th | 9:00 |
| Rook | Wednesday | 27th | 9:00 |
| Pool Straight 8 | Friday | 22nd | 9:00 |

Winners for November

| GAME | FIRST PLACE | SECOND PLACE |
|---------------------|--------------------------------|---------------------------------|
| Corn Hole Game I | Ben Blake & Jerry Vaught | Linda Lundy & Coleman Walker |
| Dominoes | Joan Berryman | Carolyn Kiteley |
| Rook | Dimple A Sloan & Doug Jenkins | Mary K Pitcock & Ellis Williams |
| Pool Straight Eight | Joe Thomas | Ed Reiger |
| Pool Doubles | Cleopas Sloan & Bedford Taylor | Tommy Patton & Steve Hornsby |
| Spades | Esther Alsup & Janis Patterson | Debbie Heckman & Albert Cason |
| Scrabble | Norma Riesel | Carolyn Kiteley |
| Hand & Foot | Ann Beck & Jack Reagan | Dimple A Sloan & Stella Johnson |
| Pool Singles | Bedford Taylor | Don Havens |

If you like to play any of these games and want to play at times when it’s not on the schedule, please feel free to ask in the office for the dominoes, scrabble game or any other games. Find some friends and play!!



Snow Days-Center Closings

In case of inclement weather such as snow and ice on the roadways, please tune in to either
WANT Radio – 98.9 fm or Channel 4 news to see if the Center will be closed.

Keep some extra food in your pantry in case of bad weather.

THANK YOU TO ALL OUR ADVERTISERS!

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Now Accepting Applications



Monday thru Friday, 9:00 a.m. to 3:00 p.m.

Lebanon Square offers apartments for eligible persons 62 years of age or older or Physical (Mobility) Impaired persons. Rent is based on income ; water & electricity included in rent. Equal Housing Opportunity

For an appointment or more information call

615-443-4405 or 1-800-848-0298 (TDD)

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At Gentiva, our care is defined by our clinical expertise
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one patient at a time.

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